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(St. Louis, MO) -- Career Discovery and Advancement 2009 kicked off the first in a series of events Friday, March 13, addressing one of the most pressing issues of our time: finding professional success and stability in an uncertain job market. The seminar featured Congressman Russ Carnahan (MO-3rd.) at South Technical High School in St. Louis County.

"Americans have faced trying times before and we have risen to the occasion to overcome adversity. I believe we will do so again," said Carnahan, **"We must do everything possible to get our nation's economy back on its feet."**

The event created an intersection where government agencies, educational institutions, business organizations, human resources professionals, recruiters and community groups met to provide vital services for Missourians undergoing career transitions. This high-impact community workshop gave job-seekers access to must-have information. At the same time, it provided a forum for lively and productive dialogue. Participants were encouraged to embrace their anxieties about job transition as an opportunity to explore, discover and create new futures.

"I know first-hand the crisis Missourians face as unemployment escalates to unprecedented levels," said Carnahan, a supporter of the American Recovery & Reinvestment Act, **"We need to take a solutions-based approach to our country's most immediate challenges."**

In addition to Carnahan's remarks, the first workshop featured panel discussions with members of the Small Business Administration and the Employment and Training Administration and breakout sessions led by professionals from a variety of business sectors. Breakout sessions covered networking, self-marketing, technology and personal finance.